

TRACKING ...

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The Fort Jackson *Leader*

Thursday, August 19, 2010

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Child fares



Photo by KRIS GONZALEZ

Chai Rhine, 10 months, plays with her mirrored reflection in the infant room at Scales Avenue Child Development Center Tuesday. DoD will begin adjusting child care fees Oct. 1 with the goal of creating a more consistent fee policy.

DoD revamps fees for children's care

By KRIS GONZALEZ
Fort Jackson Leader

As Sgt. 1st Class Erika Rhine-Russell kisses her 10-month-old daughter, Chai Rhine, goodbye and places her in Lisa Zaprzalka's arms, she is comforted knowing her baby girl is in good hands.

While Rhine-Russell heads to work at the 120th Adjutant General Battalion (Reception), Chai will stay with Zaprzalka, a program assistant in an infant room at Fort

Jackson's Scales Avenue Child Development Center, for an eight-hour day.

That's been their routine every Monday through Friday since Chai was six weeks old.

Going back to work after maternity leave was a heart-wrenching task for Rhine-Russell, but the convenience, quality and low costs of on-post child care, makes the situation easier for the single mom to bear.

"It's more convenient for me to bring her here because it's close to my work and if I

ever need to come get her, it would be easier (than off post)," Rhine-Russell said. "I also like that they have cameras in the rooms and they are a little less expensive than off-post daycares."

During the next few weeks, Rhine-Russell, will find out if she will get even more of a break as the Army modifies its child care fees.

As mandated by changes in the Depart-

See **CHILD:** Page 12

Every cent counts in CFC annual drive

Soldiers and federal employees soon will be able to show support for their favorite organizations and charities as the 2010 Combined Federal Campaign season gets under way. The Fort Jackson kick off is Aug. 30. The annual charitable drive will continue through Dec. 15.

This is a great opportunity in which we are able to designate where we would like to direct our charitable donations. Soldiers and civilians make their own decisions in selecting where their charitable dollars will go.

The Fort Jackson CFC drive is part of the Midlands CFC effort, which historically has received tremendous support from the Fort Jackson family. Last year, there was a 39 percent increase in participation on Fort Jackson.

“iCare” is the main theme for this year’s campaign, which forms the umbrella for the subthemes: “iServe, iProtect, iCreate, iTeach, iHelp, iBuild, iShare, iGive.”

Pledges made by military members and federal employees during the campaign effort help fund non-profit organizations throughout the Midlands, as well as charities from across the nation and around the globe. There are 80 local charities from which to choose, and approximately 2,000 national and international ones that can be designated.

And, again, it’s important to note that each donor has the ability to select the charity or charities of his or her choice. That’s not to mention that there are three Family

**MAJ. GEN.
JAMES M. MILANO**
*Fort Jackson
Commanding
General*



and Morale, Welfare and Recreation programs — Fort Jackson Army Community Services, Child and Youth Services and the Installation Volunteer Program — that are supported through CFC funding.

The goal for the Midlands is to raise \$1.5 million this year. The Midlands Area CFC raised approximately \$1.3 million in 2009, which fell slightly short of the goal last year. Overall participation increased, however.

Even during economically challenging times, the number of federal employees who gave to charity actually increased, although tighter budgets obviously factored into the amount the donors could contribute.

Our desire is to improve on last year’s totals and get back to the pre-recession levels. Back in 2007, the Midlands had an outstanding year, raising nearly \$1.7 million for charities — a 14 percent increase over the previous year.

But in 2008, during the beginning of the economic downturn, the Midlands still managed to raise roughly \$1.5 million.

That’s still a very generous gesture from the community. I am proud to be part of a group that manages to contribute selflessly despite the fact that many people are forced to dig deeper in their pockets to meet obligations and difficult challenges. This type of effort is certainly reflective of how we set our Army values into motion.

Fort Jackson will again play an important role in reaching the goal this year. Members of the Fort Jackson community should take comfort in knowing that their generosity continues to improve many lives in the area. Many children, senior citizens and disabled people receive the help they need.

Not only the impoverished, but educational and research programs — as well as environmental initiatives — are also recipients of aid.

Regardless if you contribute \$1, \$10, \$100, \$1,000 or more — individually or collectively — your support makes a difference. You can arrange your CFC donation through payroll deductions, which is probably the easiest and most efficient way to give. If you have never participated in the CFC, now is a great time to start. People are what make Fort Jackson so great, and great people are capable of great things. Those two facts remain constant, year after year.

Army Strong and Victory Starts Here!

Fort Jackson talks back:

Leader reporter Chris Rasmussen asks members of the community:

‘Do you think people should be punished for wearing medals they have not earned? Explain.’



**Staff Sgt.
Michael Gilpatric**
171st Infantry Brigade

“Absolutely they should be punished. It takes away from the Soldiers who did earn it.”



Darrel Bouie
Retiree

“Yes. To go and buy a badge or medal and put it on is a disgrace. I had to earn the badges I wore.



Staff Sgt. Frank Comer
81st Regional Readiness Command

“Of course. For one, they would be out of uniform. You shouldn’t wear anything that you haven’t earned.



Guy Tewksdury
Retiree

“Yes, I think it should be punishable. But it shouldn’t be more than an Article 15 or reprimand.”



Staff Sgt. Derrick Banks
MEDDAC

“I believe so. It does a disservice to those who have put their blood, sweat and tears into earning them.”



Staff Sgt. Ron Peters
2nd Battalion,
345th Infantry Regiment

“Yes, they should be punished. It does a tremendous disservice to those who have earned it.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Women's Equality Day luncheon set

By **KRIS GONZALEZ**
Fort Jackson Leader

In 1920, the Woman Suffrage Amendment was added to the U.S. Constitution, giving U.S. women the right to vote.

In the 90 years since, women have accomplished many "firsts" in their fight for equality, from Amelia Earhart's solo flight across the Atlantic to Effa Manley's election to the Baseball Hall of Fame.

In September 2009, one of Fort Jackson's own Soldiers made history as she became the first female commandant of the Drill Sergeant School here.

In honor of the passage of the 19th Amend-

ment, and of the many accomplishments of American women, King will share how she went from being a sharecropper's daughter to becoming one of the most successful women to serve in the military.

As the guest speaker for Fort Jackson's 2010 Women's Equality Day Luncheon Tuesday, King will tell her story of how a little girl living "in the middle of nowhere" in rural North Carolina was able to grow up in the Army and become a leader among leaders.

"I want people to know how Teresa King evolved — not just Command Sergeant Major — I'm talking about Teresa Lynn King," she said.

King, born the eighth of 12 children, enlisted in the Army in 1980 right out of high school. She said she had been inspired to join when, as a teenager, she visited Fort Bragg and saw a female paratrooper.

"I didn't know her name, but she looked so

disciplined," King said. "I saw her standing with her red beret and I thought, 'I want to do that.'"

In the Army, King learned from many role models and mentors who helped her

“She's a woman who has made it without any expectations of ever having been given a helping hand.”

— **Laura Freeman**
Luncheon coordinator



KING

thrive during her 30-year career.

"They are the reason I'm here," King said. "The Soldiers and leaders who gave me opportunities helped get me to where I am, because the Army is an organiza-

tion that doesn't just see where you are, but where you can go."

She said that as long as Soldiers have the ability to enforce standards and motivate others — people don't really care if they are men or women.

"As long as you have those abilities and people have confidence in your leadership, you will earn leadership positions."

Laura Freeman, who is helping coordinate the luncheon, said it is important to

honor King, and the many women like her who have made great strides for women's equality.

"She's Command Sgt. Maj. 'No-Slack' King," Freeman said. "She's a woman who has made it without any expectations of ever having been given a helping hand. She did it her way on her own."

It's important to honor her, as well as to show our gratitude to the pioneers who fought for our right to vote," she said. "There are still places in this world where women have no rights — they can't vote, they can't drive or go to school. Life is tough, very hard, still, for women around the world."

Freeman works with DENTAC, which is co-hosting the event with the Equal Employment Opportunity Office.

The luncheon is scheduled from 11:30 a.m. to 1:30 p.m., Tuesday at the Officers' Club. Tickets cost \$9.25 and can be purchased at the door.

For more information, call 751-7163 or 751-6213.

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Delivering the goods



Photo by KRIS GONZALEZ

Sharon Rice, right, family readiness support assistant for the 157th Infantry Brigade, delivers school supplies to Zelda Gassaway, executive secretary of C.C. Pinckney Elementary School, Friday. The supplies were excess donations the brigade received through Operation Homefront.

Housing Happenings

COMMUNITY UPDATES

❑ Riders of bikes, skateboards, mini bikes or scooters must wear a helmet while riding on the installation. Wearing headphones, earphones or other listening devices while bicycling on or adjacent to roadways on DoD installation is prohibited.

❑ The next neighborhood huddle is scheduled for 10 a.m., Tuesday at the Community Center. The neighborhood huddles allow residents to raise issues, concerns or give comments regarding housing.

❑ For optimal results, grass should be watered in the mornings or evenings. The most ideal times are before 10 a.m. or after 6 p.m.

❑ Residents who refer a friend to live on post will receive \$300.

❑ The mayoral council is looking for volunteers to serve as mayors and vice mayors in the housing community. Being part of the council allows residents to be a voice for the community and raise ideas and suggestions to improve the quality of life on Fort Jackson. Residents interested in becoming a mayor or vice mayor should contact Vickie Grier at 751-7567.

❑ LifeWorks events are free and open to on-post residents. Residents who have suggestions for events can contact Alana Youngblood at 738-8275 or ayoungblood@bbcgrp.com.

❑ Residents and visitors are urged to watch their speed while driving through housing areas. Also, parking on the street can obstruct the views of drivers.

❑ Residents who are interested in using the Community Center for a personal function can call 738-8275 to make a reservation.

DEVELOPMENT UPDATES

❑ To date, 199 homes have been completed.

❑ To date, 92 units have been demolished in the Phase II area for junior noncommissioned officers.

❑ Ten homes have been completed in the field grade officer area. Family relocation has begun.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP logo.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"



Leader file photo

Soldiers with the 3rd Battalion, 34th Infantry Regiment, repaint a map of the United States in the courtyard of Caughman Elementary School as part of the Adopt-a-School program.

Soldiers go back to school

By KRIS GONZALEZ

Fort Jackson Leader

Now that students are returning to school, so too, are Fort Jackson Soldiers, all to make a difference in the lives of children.

Through the installation's Adopt-A-School program, Soldiers here are offering their free time to mentor school-age children, lend them their reading skills and provide services that facilitate progress in school.

"The mission of the Adopt-a-School program is to increase public awareness of the Army's mission and to foster good relations with local communities," Keisha McCoy-Wilson, Fort Jackson's school liaison officer for Richland School District Two. "By routinely contributing to schools, Soldiers help nurture the intellectual, emotional, social and physical growth of children in the area. Through interaction with positive role models, the program helps ensure children succeed and live their dreams."

In the program, units, usually the size of a battalion or brigade, "adopt" a specific school and regularly participate in activities such as beautification projects; reading, mentoring and after-school programs; test proctoring; field trips; and guest speaking.

Soldiers with the 3rd Battalion, 34th Infantry Regiment, who adopted Caughman Road Elementary School at the start of the 2009-10 school year, created a reading program in which drill sergeants visit the school every week and read to students.

Some cadre members also repainted a mural of a map on one of the school's interior walls last year. To celebrate Veteran's Day, one of the battalion's company commanders, wearing his dress blues, spoke to the students about what Veteran's Day means to him.

As this school year begins, Capt. Larry Jackson, plans and operations officer for

the battalion, plans to help launch a new project at Caughman, teaching students drill and ceremony, how to raise and take down the flag at the school, how to march - things Soldiers do, he said.

"Participating in the Adopt-A-School program is something I'm really proud of," Jackson said. "I don't look at it as a job or a chore; (volunteering) is something I love and enjoy. I see it as a blessing that myself and others can do something so great as to teach and mentor children."

"It's also a way for me to give back," Jackson said.

Jackson's mother is the principal of an elementary school in North Carolina. During his deployment in 2007-08, her students sent him letters and care packages on a weekly basis. He said he and his fellow Soldiers would not only share the writings, drawings and goodies, but they would also write back to the students, answering questions and sending them photos too.

"Sometimes it would get overwhelming, but we really enjoyed it," he said.

Fort Jackson units and organizations visited and provided support for more than 25 schools in Richland School Districts One and Two during the 2009-10 school year. There are schools, however, that are still waiting to be adopted, McCoy-Wilson said.

Shelia Washington, volunteer coordinator for Logan Elementary School, said she thinks Logan students would greatly benefit from a partnership like the one the 3-34th Inf. Reg. has with Caughman.

"We're a wonderful school and we'd love to be adopted," Washington said. "We welcome whatever Soldiers can do to enhance the students' educational needs, whether they become lunch buddies, just come in and read to the students, or give one-on-one mentoring. We have a vast need for having different people come in and show our students about the different

types of roles they can play in the world, so that they can become good, productive citizens globally."

The school, located in downtown Columbia, currently has a civilian lunch buddy group that visits the school every Thursday. Washington said the students anxiously await their buddies' arrival every week. She said if they were able to see Soldiers in the school, they would be even more thrilled.

"To be able to see young men and women come to the school in uniform, would enhance the program so much more," Washington said. "The Soldiers, who have a vast knowledge of so many things, can enlighten them, encourage them to do better and to become really wonderful young adults. It would also give the students an opportunity to show their gratitude to those who serve our country so well."

Yvette Collins-Haili, principal of Watkins Nance Elementary, said through the program, her students have been able to establish genuine relationships with Soldiers who go beyond the call of duty to help them achieve in school.

"I have witnessed the behavior of students improve because of the presence of these mentors," Collins-Haili said. "Attendance has improved for some of my students as well."

McCoy-Wilson said she has seen the impact of the Soldiers' presence in the schools herself.

"When they see you come in wearing your uniform, and they see that you care about them, their behaviors change," said McCoy-Wilson. "On behalf of the many students that you serve...thank you for all that you've done for them. I'm very proud to be working alongside you."

For more information about the Adopt-A-School program, contact Keisha McCoy-Wilson or Ann Gordon at 751-7150.

Kris.Gonzalez1@us.army.mil

Snakes a part of post hiss-tory

By **SUSANNE KAPPLER**
Fort Jackson Leader

Fort Jackson's more than 52,000 acres are home to more than 3,900 permanent-party Soldiers, more than 5,000 civilian employees and more than 50,000 Soldiers who train here throughout the year. Among the post's less heralded occupants are 34 documented species of snakes.

Josh Arrants, wildlife technician with the Directorate of Public Works' Environmental and Natural Resource Division, said the snakes, though much maligned and misunderstood by many, are an important part of the wildlife on post.

"They are absolutely necessary and integral to a healthy and well-balanced eco system," Arrants said. "They are here for a reason. They eat tons of rodents. If we didn't have snakes on Fort Jackson, we'd be up to our shoulders in field mice and house mice and baby rabbits and squirrels."

Four of the species found on Fort Jackson — the Pigmy rattlesnake, Copperhead, Cottonmouth and Canebreak rattlesnake — are venomous. However, Arrants said the chances of coming across one of those reptiles are relatively low.

"If somebody is going to run into a snake, it's far more likely to be a non-venomous snake," he said. "Most of the activities of the vast majority of people here (takes place) during the day, and you're less likely to run into a venomous snake during the day — as opposed to a non-venomous snake — because they're nocturnal."

In case of an encounter with any snake, Arrants advised caution, though. He explained that many non-venomous snakes mimic the look and behavior of venomous snakes, which can make correct identification difficult.

"The No. 1 rule is: Don't mess with it," he said. "If you can't 100 percent be certain of what the identification of that snake is, treat it like it's venomous."

He pointed out that snakes do not attack people unless the people are perceived to be a threat.

"It takes a lot of energy for a snake to make venom," Arrants said. "There's no sense in them wasting that re-



Photo by JOSH ARRANTS, Directorate of Public Works

Fort Jackson is home to 34 documented species of snakes, four of which are venomous, such as the Pigmy rattlesnake pictured. The bite of the Pigmy rattlesnake, one of the smaller rattlesnake species, may lead to tissue damage, but is not considered to be fatal to people.

ally precious commodity on us unless they have to defend themselves."

Although not every snake bite is preceded by a warning, some of the signs to look for are wagging of the tail, gaping and hissing.

"If you see these posture signs of the tail wiggling or being vibrated, just start backing up slowly and give that snake a wide berth, give it space," Arrants said. "That's all it really wants, to see you no longer as any kind of threat or predator. Once that snake understands that you're not there to eat it, it's going to start backing down."

On occasion, snakes find their way into buildings in the cantonment area, said Jim Guinan, pest management coordinator with the Directorate of Public Works. Guinan estimated that his office fields on average one nuisance call every two months regarding a snake.

"We try to catch it and release it into a remote area," he said.

Guinan explained that there is no effective way to

prevent snakes from entering buildings, especially if the building is surrounded by tall grass.

Arrants said that most encounters between humans and snakes do not result in bites, but shared some insight on what to do in case of an attack.

"The best snake bite kit is a set of car keys," he said. "Drive to a hospital and call 911 on the way. If you can, give as good a description (as possible) of what just bit you."

However, Arrants warned against killing the snake and taking it to the hospital because snakes can still bite and secrete venom up to several hours after death. He also advised hikers to always be aware of their exact location, carry a cell phone and remain calm if bitten.

"If you have your car keys and your cell phone and you stay calm and walk back to where your vehicle is, the chances of you being just fine are really, really high," he said.

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CORRECTION

In last week's "Back in the Saddle" story, Thomas Tennant should have been identified as still active with the Army Reserve.

LEADER INFORMATION

To contact the *Fort Jackson Leader* about story ideas or announcements, e-mail FJLeader@conus.army.mil or call 751-7045. You can read the *Leader* online at www.jackson.army.mil.



Town Hall

Col. Drew Meyerowich, commander of the 193rd Infantry Brigade, addresses attendees of the brigade's town hall meeting Monday at Bayonet Chapel. During the meeting, Meyerowich discussed the brigade's family readiness group strategy with Soldiers and family members.

Photo by SUSANNE KAPPLER

School days

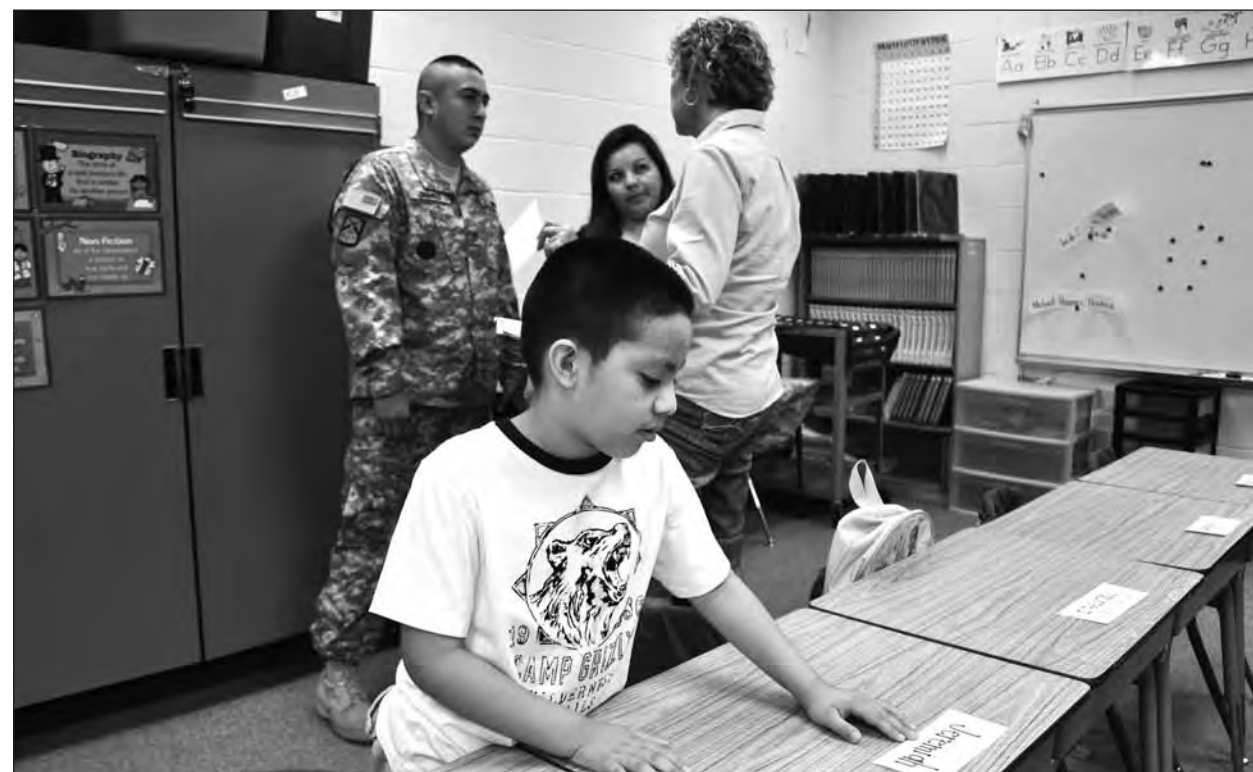


Photo by KRIS GONZALEZ

Jeremiah Jaimes, 7, places his name card on his desk as his parents, Staff Sgt. Omaj and Sen-ly Jaimes, meet his new teacher, Amy Henderson, Tuesday during an open house at Pierce Terrace Elementary School. All second-grade classes will be taught at the school this year.

SMA Preston updates Soldiers

Increased dwell time, predictability among upcoming changes

By HEATHER GRAHAM
III Corps and Fort Hood PAO

FORT HOOD, Texas — Increased dwell time and predictability are coming, Sgt. Maj. of the Army Kenneth Preston recently told approximately 500 Soldiers at Fort Hood’s Club Hood.

He also provided an update about new uniforms, Comprehensive Soldier Fitness, new physical training requirements and what is to come in the Army.

“I’ve got some stuff to pass along to you,” Preston said. “I want you to share this with your Soldiers.”

Preston said he is most frequently asked about dwell time and predictability. Both topics are a work in progress as Iraq deployments wind down and the focus has turned to Operation Enduring Freedom.

“Our current demands outweigh our ability to restore readiness and strategic flexibility and sustain an all-volunteer force,” Preston said.

The Army had to grow quickly to meet the demand for two ongoing conflicts, but it looks as though demand and troop strength are beginning to

level out.

Currently dwell time for active-component Soldiers in the Army is one year deployed and one year at home. Reserve-component Soldiers have an average of one year deployed and four years at home.

Preston said he expects to see dwell time extended for active-duty troops to one year deployed, two years at home.

“Dwell time is increasing,” he said.

If the Army can get down to 10 brigade combat teams, he added, that time could extend to nine months deployed and three years at home, but the 1:2 ratio is one the horizon.

Extended dwell time will give Soldiers and their families more predictability, Preston said, adding that in the long-term, leaders want to see Soldiers stay in place five or six years.

“When we develop you, we make you a better Soldier,” he said.

The former 3rd Brigade Combat Team, 1st Cavalry Division command sergeant major reiterated Chief of Staff of the Army Gen. George W. Casey Jr.’s four strategic imperatives: sustain, prepare, reset and transform.

Soldiers and families must be sustained and provided the best care possible. Initiatives such as the Army Family Covenant and Army Community Covenant have provided launch points for improved quality of life for Soldiers and their families by opening

child development centers, privatizing housing and the First Sergeants’ Barracks Program.

“Soldiers and their families are the heart of soul of the force,” Preston said.

In this era of persistent conflict, that sustainment must carry Soldiers and their families as they prepare for current conflicts, and reset to restore returning units to a level of readiness necessary for future missions.

“We need to balance current and future demands with readiness and sustainability,” Preston said.

All of this must occur while the Army is completing its transformation, “a continuous process that sets conditions for success against near and future enemies.”

Transformation of the Army started in 2004, the largest transformation of the force since World War II. The process is about 90 percent complete, Preston said.

“We want to be a modular, plug-and-play Army,” he said. “This involves a re-balancing of the force.”

Under the transformation, 160,000 active-duty and reserve-component Soldiers have transitioned to other military occupational specialties.

With more Soldiers in garrison, the Base Realignment and Closure complete and modularity almost complete, Soldiers will be getting more predictability in their lives.

News and notes

369TH CHANGES COMMAND

Lt. Col. David Wood relinquished command of the 369th Adjutant General Battalion to Lt. Col. Edward Allen in a ceremony Wednesday at Darby Field. Allen’s last assignment was at Fort Bragg, N.C. Wood is scheduled to deploy to Iraq for his next assignment.



ALLEN

COMMISSARY CLOSED MONDAY, TUESDAY

The Fort Jackson commissary will close 4 p.m., Sunday and reopen Wednesday.

SUBMIT BALLOT REQUESTS

Military personnel and their family members who need absentee ballots for the general election and have not yet registered or requested the ballots should do so now. Visit www.fvap.gov and follow the prompts to register and request an absentee ballot for the Nov. 2 election. Those who do not have internet access can get a copy of the form from the service member’s military unit or installation voting assistance officer.

KID ROCK CONCERT PLANNED

Music artist Kid Rock will headline a show at Fort Jackson 8:30 p.m., Sept. 11, at Hilton Field as part of the post’s Patriot Day events. The field will open at 5:30 p.m. and opening act begins at 7 p.m. Tickets are free to those with a valid DoD ID card and are available at Family and Morale, Welfare and Recreation and AAFES facilities. Visit www.fortjacksonmwr.com for information.



Aug. 20 — 4 p.m.		
Longshots	PG	94 min.
Aug. 20 — 7 p.m.		
Inception	PG-13	148 min.
Aug. 21 — 6 p.m.		
Despicable Me	PG	95 min.
Aug. 22 — 6 p.m.		
Inception	PG-13	148 min.
Aug. 25 — 4 p.m.		
Inception	PG-13	148 min.
Aug. 25 — 7 p.m.		
Despicable Me	PG	95 min.
Aug. 26 — 6 p.m.		
Despicable Me	PG	95 min.

Fort Jackson Reel Time Theater
(803) 751-7488
Closed Monday, Tuesday and Wednesday

Ticket admission
ADULTS \$4.50
CHILDREN (12 and younger) \$2.25
Visit aafes.com for listings

Living the high life in the Lowcountry

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

One way to truly “know” a city is by studying its history. Another way is to study its food. Thankfully, Charleston is a city with an interesting array of both.

Just a little more than 100 miles from Columbia, Charleston is the perfect choice for a weekend getaway or a day trip. And there is no better way to discover Charleston’s history — or its food — than by taking a tour.

My family has traveled to Charleston several times, and each time, the experience is as fresh and unique as the first. From the area’s military history, to the excellent shopping areas, to family-friendly attractions like the aquarium, the city has something for everyone.

For my husband the history buff, we took one of the black history tours. The nearly three-hour bus tour took us through the city and to nearby James and Johns islands, where the tour guide shared with us the city’s rich history.

We drove past plantations and even stopped by the site of several still-standing slave houses. He also gave us a brief overview of the origins of the famous play, “Porgy and Bess,” some of it through song.

And sprinkled throughout his presentation was a lesson — and language — of the area’s Gullah (sometimes called Geechee) people, which is the name for blacks who live in the Lowcountry region of South Carolina and Georgia.

Of course, one cannot truly experience the influence of the Gullah culture without experiencing the food, so after the tour,

my husband and I shared a meal of Gullah rice, a meaty rice-based dish similar to New Orleans’ jambalaya, and seafood casserole stuffed with scallops, crab and shrimp and smothered in cheese.

For those who prefer home cooking to history, check out one of the area’s culinary tours. Our tour began with creamy stone ground grits and ended with hush puppies and fried okra. For those unfamiliar with Lowcountry cooking, this is the perfect tour if you want a taste of Charleston.

By the end of the tour we had sampled benne wafers — a crisp, slightly sweetened wafer made of sesame seeds, praline candy, gourmet chocolates and homemade Charleston chew candy.

But it wasn’t all about the food. We also made a stop by Charleston City Market — an open air market that spans four blocks — and browsed through the vendors’ various wares, which included spices, clothes, knickknacks, paintings, pottery and the city’s famous sweetgrass baskets. The tour guide also pointed out some of the area’s best restaurants before letting us peek into — and shop — at a culinary store that offers classes in Lowcountry cooking several times a week. The afternoon ended with stop at a local restaurant for generous helpings of fried shrimp, fried okra, red rice and hush puppies.

Crystal.Y.Brown@us.army.mil

Editor’s note: Visit www.sitesandinsightstours.com for information on the black history tours and visit www.culinarytoursof-charleston.com for information on the culinary tours. Visit Charleston’s official travel site at www.charlestoncvb.com for more on the city’s attractions.



Photos by CRYSTAL LEWIS BROWN

A woman weaves a sweetgrass basket outside the Charleston City Market. The popular baskets are one of many wares sold at the market.



Fried okra is one of many Lowcountry dishes sampled during a culinary tour.



A boarded-up slave cabin sits on what used to be a James-Island plantation.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Child care fees to be adjusted

Continued from Page 1

ment of Defense's updated Child Care Fee Policy, the Army will begin adjusting fees Oct. 1 for patrons of on-post child care.

Some Total Family Income categories will expand, allowing more families to qualify at lower levels, while three new categories will be added at the top, raising the income cap from \$70,001 to \$125,001. So instead of six TFI categories, there will now be nine.

Rose Edmond, division chief of Fort Jackson's Child, Youth & School Services, said the fee changes are the first since 2004 and come as a result of a DoD study that found fees were not keeping up with the costs of child care or for increases in inflation and family incomes.

"Basically, at the installation level, what will happen for people who are in full-day and part-time programs is that throughout the next two weeks we will be assessing everybody's income," Edmond said. "By the first of September, every family in these programs will receive a letter explaining the change in fees."

Edmond said the Army's goal is to have one standard fee in each category across the military by 2012-13, allowing for consistency from installation to installation.

"Prior to this new change, Army installations were given a range, and the garrison commander selected the fee amounts," Edmond said. "But now we are moving to one standard."

The fee changes will also include the following modifications:

- The multiple child reduction will increase from 10 to 15 percent, which means that for a parent with two children in the programs, the second child's fees are 15 percent less.

- The multiple child reduction fee for hourly care will go away.

- Late payment fees have not changed, but the number of days that you have to pay without incurring a late fee will increase from three to five business days.

- Head youth sports coaches will be able to enroll their children at no cost in any team sports occurring in the same season.

- Assistant youth sports coaches will be able to enroll their first child free and additional children at a 15 percent reduction.

What will remain the same is free registration for all child care programs, and all Army Family Covenant fee reductions, including respite care for deployed families, a 20 percent discount for deployed families, and the \$2 hourly



Photo by KRIS GONZALEZ

Lisa Zaprzalka, left, infant room program assistant at Scales Avenue Child Development Center, takes 10-month-old Chai Rhine from her mother, Sgt. 1st Class Erika Rhine-Russell, as Rhine-Russell prepares to go to work. Chai has been enrolled at the CDC since she was 6 weeks old.

care fee, after respite care is used.

Families who will be negatively impacted by the changes can apply to use the hardship provision by visiting the Army Community Service's financial planning section where their fees will be assessed and ACS will send a recommendation back to CYSS, Edmond said.

"(On-post child care) is still a good deal for your money," Edmond said. "Every family is still subsidized. Even at category nine (customers) do not pay the full costs for taking care of a child.

"Often times, our fees are taken out monthly, and people divide (the fees) by four (weeks), forgetting that there are 52 weeks in a year," Edmond said. "They think they might get a break when they go off post, but most times they are not, particularly because they don't get leave credit off post either."

Fort Jackson child care centers offer care ranging from 4 a.m. until 9 p.m., Edmond said. And full-time fees are the same per category, so that parents who have a child in full-time care are not paying any more for a child who stays from 4:30 to 8 p.m. than parents who have a child stay in care from 6 a.m. to 6 p.m.

Child care room ratios are one care provider to every four children, Edmond said. Most child care centers off post have ratios of 1:6.

All of Fort Jackson's child care centers are also accredited by the National Association for the Education of Young Children, Edmond said, which means the care providers adhere to quality measures dedicated to improving the well-being, and educational and developmental services of children.

In the next few weeks, Edmond will be creating a fee chart comparing on-post fees with those charged at child care facilities in the local community. The chart will include comparison of both accredited and non-accredited centers.

Col. James Love, garrison commander, said he believes Fort Jackson families will continue to have access to some of the best child and youth programs found anywhere in the world.

"These programs are an integral component of our community programs," Love said. "This will continue to be a great value for our Soldiers and their families."

Kris.Gonzalez1@us.army.mil

AAFES works to correct inadvertent charges

From AAFES

Numerous transactions at Army and Air Force Exchange operations are experiencing a double whammy no one saw coming: a processing error resulting in duplicate charges on credit and debit card transactions.

"Shoppers who swiped their cards any time between Aug. 7 and Aug. 9 at an AAFES facility are strongly encouraged to review their statements to see if they are impacted by this issue," said Army Col. Virgil William, AAFES chief of staff. "If customers find a billing anomaly, no action will be required on their part, as we're working to correct inaccuracies on

their behalf."

Fort Jackson shoppers are also urged to check their statements. While AAFES continues to work around the clock to remedy erroneous credit and debit card charges created as a result of a processing error, shoppers who incurred overdraft fees are being reimbursed at their local facility.

"We promised to do the right thing for our customers that were affected by this unfortunate glitch and we are honoring that promise," said AAFES' Senior Enlisted Adviser Chief Jeffery Helm. "We regret any inconvenience this may have caused and want to reimburse them as quickly as possible."

Shoppers whose credit cards were double charged and, as a result, suffered overdraft fees, can simply bring documentation, such as an overdraft notice or online statement, to the Fort Jackson Main PX for a full refund of the fees.

Scores of associates from AAFES' information technology and finance and accounting teams are working around the clock to remedy all erroneous charges created as a result of the processing error.

"We're putting all the resources we have towards doing the right thing for customers affected by this unfortunate turn of events," Williams said. "If there is an overdraft fee as result of a duplicate charge, we're going to fix it. Our priority

is to take corrective action as quickly as possible and return customers' accounts to the exact state they were prior to this glitch."

The processing error that produced duplicate charges affected AAFES locations worldwide. Depending on the type of card used, officials said, corrective action could be visible to the customer anywhere from 24 hours to a couple of weeks.

"The timeline is subject to a number of variables," Williams said. "Regardless, we want exchange shoppers to know that every possible measure is being taken to eliminate any additional charges and rectify any concerns created as a result of this processing miscue."

Calendar

Today
Bloodmobile blood drive
10 a.m. to 3:30 p.m., 120th DFAC
Donors will receive coupons for a free haircut.

Friday
Change of command (1/13th)
8 a.m., Officers' Club
Lt. Col. John Calahan will relinquish command to Lt. Col. Matthew Zimmerman.

Sunday
Commissary closure
The Fort Jackson commissary will close at 4 p.m. and remain closed Monday and Tuesday. The store will reopen Wednesday.

Monday
Change of responsibility (1/13th)
8 a.m., battalion headquarters
Command Sgt. Maj. Jeffrey Dunkelberger will relinquish responsibility to Command Sgt. Maj. Eddie Delvallealicea.

Tuesday
Women's Equality Day luncheon
11:30 a.m. to 1 p.m., Officers' Club
Contact the unit EO adviser, EEO Office or a unit representative for information.

Thursday, Aug. 26
AUSA Meeting
11:30 a.m., Officers' Club
The Fort Jackson-Palmetto State Chapter general membership meeting will have Maj. Gen. James Milano as guest speaker. E-mail SBBButler@bellsouth.net tickets or for corporate tables.

The ROCKS Inc.
5:30 p.m., Post Conference Room
The James Webster Smith chapter of the ROCKS Inc. monthly meeting is open to all current and interested members of The ROCKS Inc. Call 751-1938 for information.

Tuesday, Aug. 31
Become a Hero Helper seminar
10 to 11 a.m., Strom Thurmond Building, Room 222
Hero Helpers is a program aimed at encouraging people to spread the word about Military OneSource within the community. Those who complete the course will receive a training certificate, presentation kit and AFTB certificate. Free child care available during the briefing. Call 751-4862/5256 to register.

Tuesday, Aug. 31 and Wednesday, Sept. 1
AFTB Level I Course
8 a.m. to 4 p.m., Family Readiness Center

The "Learn Army" Course is open to all spouses and employees who are new to the Army. Register by Monday by calling 751-6315.

Wednesday, Sept. 8
Retired Officer's Wives Club
11:30 a.m., Officers' Club
The program for the month is a patriotic music show by Jan Marchant.

Saturday, Sept. 11
9/11 Memorial Run
7 a.m., Hartsville Guard and Golden Arrow roads
The 5K run/walk and 10K run is sponsored by the 3rd Battalion, 34th Infantry Regiment. An awards ceremony follows. Call 751-9224/9222 for registration.

Housing events
All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Today
National Root Beer Float Day
3 to 4 p.m.
Celebrate this holiday with a free root beer float (for residents only).

Tuesday
Neighborhood Huddle
10 a.m.
Share concerns and receive answers to any questions. Receive up-to-date information on construction and other housing issues.

Tuesday, Aug. 31
"Rainbow Fish" reading
3 p.m.
Come by for a reading of the book "Rainbow Fish." Afterward, participate in a craft activity and take home a rainbow fish. RSVP is required.

Announcements

TRIAL DEFENSE OFFICE HOURS
The Trial Defense Service office, Strom Thurmond Building, Room 234, will be closed Friday. The office will reopen for normal business hours Monday.

LEGION POOL HOURS
Leigon Pool operating hours are: 11 a.m. to 6 p.m., Monday and Wednesday through Saturday; and 1 to 6 p.m., Sunday. The pool is closed Tuesday.

MUSICIANS SOUGHT
The Fort Jackson Chaplain's Office is seeking pianists and organists to play for Soldier worship services. The musicians will be required each Sunday. Positions are unpaid. Call 751-3121 for information.

VOLUNTEEN PROGRAM
The American Red Cross VolunTEEN school year program begins with its first meeting 5 p.m., Sept. 14 at Building 2462. The program is for students 12 to 18 years old. Parents of new and returning members are asked to come in to complete paperwork at the start of the meeting. Call 751-4329 for information.

FCC ORIENTATION/TRAINING
The next Family Child Care orientation/training is scheduled for 8 a.m. to 4 p.m., Sept. 13 to 17 at the Joe E. Mann Center. The FCC program offers an employment opportunity for military spouses who enjoy working with children. The program is recruiting for "best-qualified" applicants who have space and are willing to take full-time children younger than two.
Military spouses living on Fort Jackson and Department of Social Services-registered off-post child care providers may apply to become certified to provide home child care to military families. An amnesty program is available for those currently providing child care on post without certification. Applications will be accepted through Sept. 7.

YOUTH TECHNOLOGY LABS
Fort Jackson youth in grades six through 12 now have access to computers in the youth technology labs. The middle school program lab hours are 2:30 to 5:30 p.m., Monday through Friday at the Pinckney Elementary Annex Building. The teen program lab hours are 6 to 9 p.m., Monday through Friday, and 2 to 6 p.m., Saturday, at the Youth Center. Call 751-4865/6387 for more information.

SURVIVOR OUTREACH SERVICES
Survivors of service members who died while on active duty can use Survivor Outreach Services for assistance with benefits and finances. Call 751-4867/5256 or e-mail Leslie.S.Smith@us.army.mil.

COME SEE YOUR ARMY TOUR
A "Come see your Army" tour is scheduled for Oct. 21. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch in a military dining facility; and shop for souvenirs. Call 751-1474/5327 to register. Reservations required at least one week in advance.

CALLING SYSTEM CHANGE
The Fort Jackson on-post calling system has changed. To make a call to an on-post phone number, dial 751-XXXX. To make a local call, dial "99" before dialing

the off-post phone number. To make a long distance call, dial "97-1" before dialing the long distance number, including area code. The DSN prefix is "94."

Quick reference labels can be picked up at the Network Enterprise Center at building 4282. Call 751-GNEC or 751-DOIM for information.

Off-post events

MOVIES IN THE PARK
Movies in the Park is scheduled for Friday at North Springs Park. The free event, organized by Awaken Church, is open to the public and features a free movie on a giant screen, free drinks and other refreshments. Food donations, including canned food, are also being accepted. The event benefits the Harvest Hope Food Bank and A Home in Haiti. Take lawn chairs or blankets to sit on. Gates to North Springs Park open at 7:30 p.m., and the movie begins at sunset.

YOUTH DAY EXPLOSION
The third annual Youth Day Explosion at the Coop is scheduled for 11 a.m. to 5 p.m., Saturday, at the COOP, 1100 Key Road. Food, games, seminars, rides and more will be available. Children younger than 12 must be supervised. Call 269-7762 or 678-8529 for information.

FREE MUSEUM ADMISSION
The National Wild Turkey Federation is offering free admission to its Winchester Museum to all active duty military personnel and their families through Labor Day. The museum is located at 770 Augusta Road, along Highway 25, in Edgefield.
The museum is open 8:30 a.m. to 5 p.m., Monday through Friday.

WATERWAY CLEANUP
Adopt-A-Waterway Cleanup is scheduled for 9 a.m., Saturday. Volunteers must bring their own kayak or canoe. Volunteers will meet at 9 a.m. at the front parking lot of Harbison State Forest (5500 Broad River Road) and travel to the launch via shuttle. Registration is required. Call 749-7986 to register.

LEADER ANNOUNCEMENTS

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.
E-mail classified ads to skaress@ci-camden.com.



Follow the *Fort Jackson Leader* on Twitter at <http://twitter.com/FortJacksonPAO>.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Pablo Flores-Soto
Company A
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Michael Bogda

SOLDIER OF THE CYCLE
Pvt. Jamison Gates

HIGH BRM
Pvt. Darren Fowler

HIGH APFT SCORE
Pvt. Alysaa Starnes



Staff Sgt. Lenworth Gregory
Company B
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jacob Whitmore

SOLDIER OF THE CYCLE
Pfc. Brian Stricklen

HIGH BRM
Pfc. Joshua Martin

HIGH APFT SCORE
Pfc. Rachelle Dutton



Staff Sgt. Nephoteria O'Meally
Company C
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Alicia Ballew

SOLDIER OF THE CYCLE
Pfc. Christian Taylor

HIGH BRM
Pfc. Christian Taylor

HIGH APFT SCORE
Pvt. Darryle Lane



Staff Sgt. Ericca Clark-Siler
Company D
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Brian Long

SOLDIER OF THE CYCLE
Pvt. Travis Wilt

HIGH BRM
Pvt. Brandon Neal

HIGH APFT SCORE
Pvt. Noah Oluwo



Sgt. James Holston
Company E
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Alexia Mannel

SOLDIER OF THE CYCLE
Pvt. Ojong Ayuk

HIGH BRM
Pvt. Chase Day

HIGH APFT SCORE
Pfc. Rashawn Adams



Staff Sgt. Jose Quiros
Company F
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Jackie Hill

SOLDIER OF THE CYCLE
Pfc. Michael Quigley

HIGH BRM
Pvt. Gabriel Self

HIGH APFT SCORE
Pfc. Jackie Hill

SUPPORT AWARDS OF THE CYCLE

SERVICE SUPPORT AWARD Ernest Bostick	FAMILY SUPPORT AWARD Amanda Phillips	STAFF SUPPORT AWARD Staff Sgt. Jorge Lopez	DFAC SUPPORT AWARD Christopher Outer	TRAINING SUPPORT AWARD Marvin Dunner Spc. Luke Bourne
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This week's training honors



SHEPARD



DAMIANI



JONES



RUDD



JOHNSON



FERNANDES



SCHRAMM



ROBINSON

DRILL SERGEANT SCHOOL: Sgt. 1st Class Matthew Shepard (drill sergeant leader), Staff Sgt. Franchesco Damiani (distinguished honor graduate), Staff Sgt. Jason Jones (leadership award), Staff Sgt. Dustin Rudd (PT award).
Bottom row — 369TH ADJUTANT GENERAL BATTALION (Company B): Sgt. 1st Class Theresa Johnson (platoon sergeant of the cycle), Staff Sgt. Siesa Fernandes (cadre of the cycle).
187TH ORDNANCE BATTALION (HHC AND COMPANY B): Staff Sgt. Ricky Schramm (instructor of the cycle), Sgt. Robert Robinson (cadre of the cycle). Distinguished honor graduates (not pictured) are Pfc. Christopher Gallegos and Pvt. Tyler McFarland.

Courtesy photos



At your service
phone numbers and operating hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-4329/5923	Monday-Friday; 8 a.m. to 4 p.m.
Andy’s Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2-10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1-8:30 p.m.; Friday, 5:30-9 p.m.; Saturday, 1 p.m. to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday, Thursday 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday; 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year’s Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7593	Monday-Thursday, 8-11 a.m. and 1-3 p.m.
Defense Military Pay Office	751-6669 (Soldiers) 751-4914 (Civilians)	Monday-Friday, 8-11:30 a.m. and 12:30-4 p.m.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday- Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Closed Monday-Wednesday; Thursday-Sunday, hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times
Officers’ Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m. (open to non-members); Sunday brunch, 11 a.m. to 2 p.m. (members)
Palmetto Falls Water Park	751-3381	Closed Monday; Tuesday-Saturday, 11 a.m. to 7 p.m.; Sunday, 1-7 p.m.
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; closed Saturday and Sunday **Closed for renovations**
Pools, Legion	751-4796	Monday, Wednesday-Saturday, 11 a.m. to 6 p.m.; Sunday, 1 to 6 p.m.; closed Tuesday
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Tuesday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday and Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday-Wednesday, 9 a.m. to 3 p.m.; Thursday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and Holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at fjleader@conus.army.mil.
This information is published monthly in *The Fort Jackson Leader*.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief

CASES OF THE WEEK

□ A post bar letter was initiated for a civilian after he damaged two force protection barriers while driving drunk, Military Police said. The civilian failed three sobriety tests, and his blood alcohol level was .15 percent, MPs said. The state legal limit is .08 percent.

The civilian also suffered a nose injury and swollen and busted lip, but refused medical treatment. The civilian was also cited for driving under the influence and failure to maintain lane.

□ Two civilians were issued one-year



post bar letters in connection with the theft of a tube of lip gloss from the Main PX, MPs said. The value of the item was approximately \$10.

□ A civilian had his vehicle tag confiscated after MPs discovered it was registered to a different vehicle, MPs said. He was also cited for driving with an expired registration. The vehicle was towed from the installation.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

August court-martial

□ Staff Sgt. Christopher Wells, a Fort Jackson drill sergeant, was convicted Aug. 3 at a Special Court-Martial for violating the command policy prohibiting illegal associations between permanent party Soldiers and Soldiers-in-training.

Wells pled not guilty to charges alleging illegal association, sodomy and adultery. A military judge found Wells guilty of four specifications of the charge that

he wrongfully engaged in illegal associations with Soldiers-in-training. He was acquitted of the charges of sodomy and adultery.

The military judge sentenced Wells to six months confinement and a rank reduction to E-4. He was administratively transferred to the Charleston Naval Brig, where he is currently serving his term of confinement.

Heat injury procedures



- Call 911 at the first sign of heat injury (including mental status change).
- Use ice sheets
- Give the Soldier sips of water
- Monitor him or her at all times.

Emergency numbers:

Cell phone users: 803-751-9111.

Alternate 1: Range control via radio.

Alternate 2: Range control at 751-7171/4732.

Alternate 3: MP desk at 751-3113/3114/3115.

Never leave the Soldier unattended!

911 & ICE:

At the first sign — every time.

Report Suspicious Activity or Behavior



Suspension training takes FMWR fitness to new levels

From Family and MWR

The Family and Morale, Welfare and Recreation Fitness program is offering a training system that works the body in a short amount of time and provides maximum results.

The Total Resistance Exercise Suspension Trainer, now available at Andy's and Perez Fitness Centers, is a total body exercise system that facilitates stretching, Pilates, and strength training, all in one.

"At first glance, the TRX looks like a gimmick, but don't let that fool you," said Pamela Greene, fitness programmer. "The TRX is a serious piece of equipment designed to let you execute body-weight exercises that are challenging for conditioned trainers, yet simple for the beginner."

The TRX was created by former Navy Seal Officer Randy Hetrick, founder of Fitness Anywhere, as a way to train and remain in peak condition when space and equipment are limited.

It is made of industrial grade nylon webbing and heavy-gauge bonded nylon thread. It weighs a mere 1.79 pounds, but it can hold up to 350 pounds.

The TRX allows a person to perform multi-plane (frontal, right and left sides of the body, and transverse) exercises with varying resistance, and at the same time, strengthens the core.

"When you work out with the TRX Suspension you will be working out your entire body and your core because each TRX exercise forces you to stabi-



Photo by Theresa O'Hagan, FMWR

Pamela Greene, fitness programmer, demonstrates a technique using the gym's new Total Resistance Exercise Suspension Trainer.

lize your muscles and core as you balance to perform the body weight exercises," Greene said. "That's why (the makers of TRX) motto is 'all core ... all the time.'"

The TRX can be effectively used for many different types of training, Greene said, like athletic training, sports conditioning, and physical therapy because the trainer adjusts for evolving fitness levels.

"It progresses you from where your current fitness level is and adapts to your fitness as it improves," Greene said.

The TRX can be checked out or used

at either gym. Posters are also on display to provide a visual of how to execute each workout.

Greene is planning on offering TRX Group Suspension classes to teach users how to take full advantage of the equipment during strength and circuit training, core and body conditioning, and more.

"Our goal is always to deliver great and effective classes and programs," Greene said. "Check out a suspension trainer and clip into an anchor at Andy's or Perez and make your body your machine."

Call 751-5768 for information.

Current EDGE! classes

❑ **Bananarama** — 3:30 to 5 p.m., Mondays, 5955-D Parker Lane. Learn to make various treats using bananas. For ages 9-15.

❑ **Animation Station** — 4 to 6 p.m., Tuesdays, 5955-D Parker Lane. Learn how animation works, using flip books and computer software, and create an animated short film. For ages 11-18.

❑ **Wet & Wild Wednesday** — 3:45 to 6 p.m., Wednesdays, 5955-D Parker Lane. Take a trip to Weston Lake and go out on a paddle boat, canoe, kayak or just swim. The program culminates

with a cookout. For ages 10-16.

❑ **Toon Time** — 3:30 to 5 p.m., Wednesdays, 5955-D Parker Lane. Learn to draw cartoons from an expert. For ages 10-15.

❑ **Let 'er Roll Bowling** — 3:30 to 5 p.m., Tuesdays and Fridays, Century Bowling Center. Learn to bowl like the pros. Wrap up with a bowling tournament and pizza party. For ages 8-15.

❑ **Clever Clay Creations** — 3:30 to 5 p.m., Thursdays, 5955-D Parker Lane. Make jewelry, animals, people, bowls and much more. For ages 9-15.

❑ **Around the World with EDGE!**

— 3:30 to 5 p.m., Fridays, 5955-D Parker Lane. Play games, cook dishes, make crafts from different countries. For ages 8-14.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years old. For children 9 and 10, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil> or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE program on Facebook. Door-to-door transportation also available. Call 751-3053 for information.

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ **Magruder's Pub and Club** is open for lunch.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy story time, 6:30 to 7 p.m., **Post Library**. Come in your PJs, and go home ready for bed.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the **Youth Services Center**.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supplies last.

SATURDAY

- ❑ Jackson James activity/informational fair for family members, 9 a.m. to 1 p.m., **Youth Services Center**.
- ❑ **Victory Bingo**, starts 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

WEDNESDAY

- ❑ Get your party on at the **NCO Club**, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
- ❑ Wednesdays at **Club NCO** are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.
- ❑ Karaoke night with Tom Marable, **Magruder's Pub**. Cost is \$3 for military, \$5 for civilians.
- ❑ Victory Readers Club, 6-8 p.m., **Post Library**
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m.

For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ❑ The **NCO Club** breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The **Officers' Club** is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m.
- ❑ **Child, Youth and School Services** provides free child care and youth programming on Saturday for active-duty parents who must work as a mission requirement, including parents who are in the National Guard or Reserve during battle training assembly. Programming is available to other parents at daily and hourly rates.



Article submissions are due two weeks before publication. For example, an article for the Sept. 2 Leader must be submitted by today.

Announcements are due one week before publication. For example, an announcement for the Sept. 2 Leader must be submitted by Sept. 26.

Vehicle Recovery Course hits the road

By **CHRIS RASMUSSEN**
Fort Jackson Leader

For more than two decades, Soldiers have learned how to recover Army vehicles from the sand and mud at Fort Jackson. That era came to an end this week as the last class graduated from the 187th Ordnance Battalion's Vehicle Recovery Course.

The course, which has been taught in the sandy soil at Fort Jackson since 1987, is moving to Fort Lee, Va.

"It is a lot of mixed emotions for us," said Chief Warrant Officer 4 Cleveland Witherspoon Jr. "This course has been here for so many years. There is so much history."

Even so, Witherspoon said he understands why the course is being moved to Fort Lee

where it will be consolidated with an existing course.

"They are planning for the future and putting everyone under one umbrella," he said of Fort Lee leaders. "Fort Lee has better facilities and Soldiers will get state-of-the-art classrooms and equipment."

The two-week course, which is an additional skills identifier for wheeled vehicle mechanics, teaches all aspects of recovering disabled, overturned, mired and nosed vehicles.

Recovery training was once part of the former 63B and 63S Advanced Individual Training courses. In 1992, however, TRA-DOC eliminated recovery training from the curriculum. Since then, vehicle recovery has been designated as an ASI available to se-

lected Soldiers in what is now the 91-series MOS.

During the past two years, instructors have trained 962 Soldiers. Selection for the ASI H8 Recovery Course is based on academic average, Soldierization, physical fitness, discipline and motivation.

The course is capped with an exercise in the mire pit — a water and mud filled pit from which Soldiers must retrieve a stuck M-1084 cargo truck.

"You have to watch out for snakes," said Staff Sgt. Charles Weston, a course instructor. "In the summertime we don't put the truck into the pit until the last moment. Snakes like to get up underneath the truck's axel."

The course is a favorite for visitors looking for training to observe. It was also fea-

tured on Discovery Channel's Dirty Jobs 100th episode in which host Mike Rowe gets down and dirty with Soldiers attempting to recover a cargo truck from the mire pit and rescue a Humvee from the deep sand.

The training area, located off Ewell Road, has separate areas to teach each aspect of vehicle recovery, ranging from deep sand to the muddy mire pit.

Following the last graduation Wednesday morning, instructors and cadre for the course began returning the training area to its natural state.

"It is going to be a long process," Witherspoon said. "We have to make sure the environmental process is done correctly and there is a lot of equipment to turn in."

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Above, Pvt. Christopher Hoffman, a student assigned to the Vehicle Recovery Course, attaches a hoist to a chain Aug. 12 during an attempt to upright an overturned vehicle. Right, a military cargo truck is pulled from the mire pit at Fort Jackson for the final time. The Vehicle Recovery Course is moving to Fort Lee, Va.

Photos by CHRIS RASMUSSEN



Above photo, Staff Sgt. Charles Weston, right, an instructor with the Vehicle Recovery Course, observes as a student comes up for air with a handful of mud. The mud is used to estimate the mire factor of the stuck vehicle. Left, Staff Sgt. Stephen Miller, an instructor, directs a student on how to attach a hoist to an overturned vehicle.

TRICARE retiree coverage updated

New website boasts redesign, easier access

From TRICARE Management Activity

Retired Reserve Soldiers younger than 60, are one step closer to being able to purchase TRICARE Standard coverage.

The interim final rule for the TRICARE Retired Reserve program has been published, and the program's launch is expected for September.

At that time, instructions about how to qualify for and purchase TRR coverage will become available.

If purchased, TRR coverage is expected to go into effect as early as October.

The statute that established TRR requires qualified retired reservists to pay premiums equal to the full cost of the coverage without government subsidy. According to the interim final rule, monthly premium rates for 2010 will be \$388.31 for TRR member-only coverage, or \$976.41 for TRR member and family coverage. Rates will be adjusted annually.

This year's premiums are based on the actual costs during 2007 and 2008 for providing TRICARE benefits to people in the same age categories as the retired Reserve population. The 2011 premiums will be adjusted based on 2008 and 2009 costs.

Beneficiaries can read the entire interim final rule on line at <http://edocket.access.gpo.gov/2010/pdf/2010-19313.pdf>.

A 60-day comment period will allow for public input before the final rule is issued.

Comments may be submitted through the Federal eRule-making Portal at www.regulations.gov or by mail to the Federal Docket Management System Office, 1160 Defense Pentagon, Washington, DC 20301-1160.

Retirees interested in purchasing TRR coverage should verify their eligibility information is correct in the Defense Enrollment Eligibility Reporting System.

For more information about TRR as it becomes available, visit www.tricare.mil/subscriptions and sign up for "Benefit Changes" for "Retired National Guard and Reserve Member."

TRICARE WEBSITE REDESIGNED

A new website design at www.tricare.mil gives beneficiaries a faster, more personalized way to get the TRICARE

information they need. The redesign includes improvements to the profile entry field, as well as new sections such as "New to TRICARE," "Crisis Center" and "Quick Links."

The improved profile entry feature makes it easier and faster for beneficiaries to answer three simple questions about status, location and health care plan to bring up information specifically tailored to them.

Beneficiaries who are not sure which category they fall under can visit the "New to TRICARE" section to learn about eligibility, TRICARE plans and get enrollment information.

The "Quick Links" section provides easy access to the most popular topics, including what is covered, contact information and locating a provider.

Providers, TRICARE staff, and media can use global navigation bars found at the top and bottom of each page to access information about the TRICARE Management Activity and how to become a TRICARE provider.

Beneficiaries can click the "e-mail updates" link on the top bar to subscribe to e-alerts about changes to TRICARE benefits and to get newsletters and news releases.

Visit www.tricare.mil to view TRICARE's new design and offer feedback through the link on the bottom navigation bar.

MACH honors



TAFOLLA



WILLIAMS

Courtesy photos

Spc. Andrew Tafolla, Physical Therapy Clinic, was named MEDDAC Soldier of the Quarter, and Sgt. Jimmy Williams, Troop Medical Clinic, was named MEDDAC NCO of the Quarter.

MACH pathology receives accreditation

By FRED HORNICK

Moncrief Army Community Hospital

Moncrief Army Community Hospital's Department of Pathology has been awarded accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists based on the results of a recent on-site inspection.

The CAP Laboratory Accreditation Program, started in the early 1960s, is recognized by the federal government as being equal to, or more stringent than the government's own inspection program.

Moncrief Army Community Hospital's Department of Pathology is one of the more than 7,000 CAP-accred-

ited laboratories nationwide.

During the CAP accreditation process, inspectors examined the laboratory's records and quality control of procedures for the preceding two years.

CAP inspectors also examined the entire staff's qualifications, the laboratory equipment, facilities, safety program and record, as well as the overall management of the laboratory.

The College of American Pathologists is professional medical association serving nearly 17,000 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance.

MACH updates

DINING ROOM CLOSED

The MACH dining room will be closed through Aug. 29. The mobile kitchen will be available breakfast, lunch and dinner for hot food, grill items and "grab & go" items. Meal times will be adjusted and menu offerings will be limited. Prices will stay the same.

The dining room area and regular kitchen on the fourth floor will be available for use starting Aug. 30.

APPOINTMENTS

Call 751-CARE (2273) to make an appointment with a MACH provider. Call toll-

free at 877-273-5584. To cancel an appointment after hours, call 751-2688.

Visit the MACH Web page at <http://www.moncrief.amedd.army.mil> for more information.

OUTPROCESSING

Soldiers must clear the Department of Behavioral Health, Army Substance Abuse Program, Social Work Services prior to leaving the installation.

Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

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Making most of life: Use time wisely

By **CHAPLAIN (LT. COL.) WILLIAM BAREFIELD**
193rd Infantry Brigade

A poet once wrote, “This time, like any other time, is a great time if we but know what to do with it.”

According to Michael Fortino, from The Center for Lifestyle Management, the average American over a life-time will invest the following amount of time doing these activities: seven years in the bathroom; six years eating; five years waiting in line; three years sitting in meetings; two years playing telephone tag; one year searching through clutter; eight months opening junk mail; and six months sitting at stop lights.

When someone enters this world, we celebrate with joy, and mark the occasion with a birth certificate stating the date, time, weight and size. We mark death in a similar way with a certificate that states date and time. In between the entering and exit is the managing of time, our most precious commodity.

Invest it well, remembering that wherever life takes us,

God is at the center of it all.

Learn to relax and enjoy the moment at the stop light or bring something to do while standing in a line. Better yet, start a friendly conversation with the person waiting in line with you.

The Bible states, “There is a time for everything, and a season for every activity under heaven” (Ecclesiastes 3:1).

In our lives, we need to be patient, yet, we struggle because it is human nature to want everything fast. We have fast food, fast cars, fast checkout lanes and fast loans. Today’s market likes to equate faster with better; however, faster is not always better.

In a popular story recounted in J. Maurus’ “A Sourcebook of Inspiration,” a visitor was teasing a little boy about his baby brother.

“What use is he?” asked the man. “Can he walk?”

“No,” replied the little boy.

“Can he talk?” asked the man.



“No,” replied the little boy.

“Can he dress himself?” asked the man.

“No,” replied the boy after some thought.

“Well, what good is he then?” asked the man.

“Well for goodness sakes, Mister, give him time!”

Maybe there is someone in your life who needs more time. Maybe you need to give all your personal relationships a little more time.

Plan to prepare and eat a meal together with the people you care about. Give them time and you might not feel so alone. Listen to each other. Slow down on the way to work and enjoy the beauty of the morning.

Do you need more patience with your job and fellow workers? Maybe it’s just a matter of time. Think about it today.



PROTESTANT

- Sunday
 - 9 a.m. and 10:30 a.m. Magruder Chapel
 - 9 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Main Post Chapel
 - 9:30 a.m. Solomon Center (Hispanic)
 - 9:40 a.m. Moncrief Army Community Hospital
 - 10:45 a.m. Post-wide Sunday School (Main Post Chapel)
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel
 - Wednesday
 - 6 p.m. Prayer Service, Magruder Chapel
- Protestant Bible Study**
- Monday
 - 7 p.m. Women's Bible Study (PWOC — Main

- Post Chapel, Class 209)
- Wednesday
 - 7 p.m. Anderson Street Chapel
 - 7 p.m. Gospel mid-week prayer/Bible study, Magruder Chapel
 - 7 p.m. Gospel Congregation Youth (Magruder Chapel)
 - Thursday
 - 9:30 a.m. to noon Women's Bible Study (PWOC), Main Post Chapel
 - 6 p.m. Neighborhood CMF/OCF Bible Study (call 790-4699)
 - 7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday
 - 8 a.m. Men's Prayer Breakfast, Main Post Chapel (every second Saturday of the month in Chapel Fellowship Hall)
- Protestant Youth of the Chapel**
- Saturday
 - 11 a.m. Magruder Chapel (third Saturday)
 - Sunday
 - 5 p.m. Main Post Chapel
- CATHOLIC**
- Monday through Thursday
 - 11:30 a.m. Mass (Main Post Chapel)
 - Sunday
 - 8 a.m. Mass (Solomon Center)
 - 9:30 a.m. CCD (Education Center)
 - 9:30 a.m. Adult Sunday School

- 11 a.m. Mass (Main Post Chapel)
 - 12:30 a.m. Catholic Youth Ministry
 - 8 p.m. McCrady Chapel (SCARNG), McCrady Training Center
 - Wednesday
 - 7 p.m. Rosary
 - 7:30 p.m. RCIA/Adulty Inquiry
- ANGLICAN/LITURGICAL**
- Sunday
 - 8 a.m. Anderson Street Chapel
- ISLAMIC**
- Sunday
 - 8 to 10 a.m. Islamic Studies, Main Post Chapel
 - Friday
 - 12:30 to 1:45 p.m. Jumah Services, Main Post Chapel
- JEWISH**
- Sunday
 - 9:30 to 10:30 a.m. Memorial Chapel
 - 10:30 to 11:30 a.m. Jewish Book Study, Post Conference Room
- CHURCH OF CHRIST**
- Sunday
 - 11:30 a.m. Anderson Street Chapel

- LATTER DAY SAINTS**
- Sunday
 - 9:30 a.m. Anderson Street Chapel
- ADDRESSES, PHONE NUMBERS**
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th AG Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- U.S. Army Chaplain Center and School**
10100 Lee Road, 751-8050

Hall monitor:

Local 369th Soldier attends event for former teammate, Hall-of-Famer Emmitt Smith

By CHRIS RASMUSSEN
Fort Jackson Leader

Staff Sgt. Alexander Brown Jr. spends his days teaching Soldiers how to become human resource specialists. But long before joining the Army, Brown played in the same offense as Pro Football Hall of Famer Emmitt Smith.

Brown had a chance to catch up with the legendary Dallas Cowboys and Arizona Cardinals running back earlier this month during Smith's enshrinement into the Pro Football Hall of Fame in Canton, Ohio. Brown, with the 369th Adjutant General Battalion, played with Smith on the Escambia High School football team in Pensacola, Fla.

"We had been playing beside each other for four years," said Brown, who was a wide receiver on the team. "We won two state championships and were ranked No. 1 in the nation our senior year."

Brown, who, along with 15 other former high school teammates, was invited to attend Smith's enshrinement into the Hall of Fame, said he was proud to see his friend and former teammate receive the recognition he deserved.

"We always knew Emmitt would be something special," he said. "He had always been a pro-rate athlete since middle school."

Twelve players from the Escambia Gators team that won

the state championship their senior year went on to play college football, including Brown, who played for Georgia Southern University.

"Even though Emmitt was the star of the team, each of us had a tremendous work ethic instilled in us by our coaches," Brown said.

This past June, Brown and several other high school teammates were contacted by ESPN to appear in a special about Smith's high school years.

"After the taping for the show all of us got tighter," Brown said. "I had the opportunity to talk with Emmitt one-on-one and spend some quality time with him away from the cameras



Courtesy photos

Staff Sgt. Alexander Brown, kneeling at left, is joined by former Escambia High School football teammates during a taping for an ESPN show about Emmitt Smith, center.

and spotlight."

When time came around for Smith's hall of fame, Brown asked his leadership for some

time off to travel to Ohio for the ceremony.

During the festivities backstage, the Fort Jackson Soldier had the chance to chat and pose for photos with such NFL legends as Jerry Rice, Eric Dickerson, Roger Staubach, Michael Irvin and Bruce Smith.

"It was surreal being in the same room with them all. I had to keep telling myself that I was not dreaming. If you are a football fan, what more could you want?"

Former Escambia teammate Sgt. 1st Class Barry McClain, who is assigned to the National Ground Intelligence Center in Charlottesville, Va., said several of the fans mistook Brown for an NFL celebrity.

"... One of the fans said 'Hey, there's Eric Dickerson.' Then all of the fans started gathering around him and asking for autographs. It was crazy," McClain

said. "It was a fun experience. But I really enjoyed reconnecting with Alexander. We picked up just like high school was last week."

Brown said he has tried to keep up with his former friend and teammate since they graduated from high school in 1987.

"We keep in contact through other people since he has so many obligations. I communicate with his family and younger brothers," he said.

Brown said he got a kick out of watching Smith perform on *Dancing with the Stars*, a television reality series the former Dallas Cowboy won in the fall of 2006 with partner Cheryl Burke.

"I laughed a little bit," he said. "It reminded me of our high school days at the local dances and just Emmitt clowning around in the locker room."

Chris.Rasmussen@us.army.mil



Staff Sgt. Alexander Brown, right, poses for a shot with NFL legend Eric Dickerson during a party after this month's Pro Football Hall of Fame induction ceremony.

Sports shorts

❑ The deadline to register for the fall youth sports season is Aug. 31. Player evaluations are scheduled for 5 p.m., Sept. 1 and 6 p.m., Sept. 2 at the Youth Services Center sports field. The parent meeting is scheduled for 6 p.m., Sept. 9 at the Joe E. Mann Center ballroom.

❑ Youth sports is seeking volunteer coaches for all sports. For more information, call Bob Talley, youth sports and fitness director at 751-5040 or e-mail Robert.C.Talley@us.army.mil.

❑ Coaches who plan to volunteer this

fall must attend a National Youth Sports Coaches' Association certification clinic 10 a.m., Sept. 4 at the Youth Services Center conference room. After coaches complete the required certifications, they will be given team rosters. Coaches will then provide practice information to players and parents. Practices are scheduled to begin Sept. 19 and games will begin Sept. 25.

❑ The Fort Jackson Family and Morale, Welfare and Recreation Fitness Department offers a variety of classes led

by certified fitness instructors. Classes include: wellness lectures about nutrition and general health, as well as fitness classes, such as Zumba, yoga, aerobics, kickboxing and spinning. Fitness center patrons may participate in all classes with the monthly membership fee. Current rates are: active duty military — daily rate, \$4, monthly rate, \$20; all others — daily rate, \$4, monthly rate, \$30.

Fitness center patrons must be authorized ID card holders. Visit www.fortjacksonmwr.com for more fitness information.

Leader submissions

Have an interesting idea for a sports story? Let our sports reporter know.

The Leader accepts ideas for articles relevant to the Fort Jackson community. Send your story ideas to FJLeader@conus.army.mil or call 751-7045.